HOME GYMNASIUM

FOR WOMEN

To Preserve Health, Strength

and Figure

BY PAULINE FURLONG

# WOMEN WHO ARE POKER AND DRINK

May Find Help in This

Swan Creek, Mich .- "I cannot speak s highly of your medicine. When

Shrough negicet or prerwork I get rup down and my appetite is pen and I have that weak, ianguid, always tired the of Lydie F. Pink-ham's Vegetable Compound, and it builds me up, gives

me strength, and restores me to perfect health again. It is truly a great blessing to women, and I cannot speak too highly of it. I take pleasure in recommending it to others."-Mrs. ANNIE CAMERON, R. F. D. No. 1, Swan

If you want special advice write ing. strict confidence.-Advt.

## ALWAYS TIRED LURED HIM TO ROB BISHOP OF \$15,000

Prelate, Tells How He Raised Checks.

feeling I get a bot STOLE FOR NINE YEARS.

He Decided, So He Gave Himself Up.

Another Sufferer Relieved.

Helron, Me.—"Before taking your remedies I was all run down, discouraged and had female weakness. I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and find to-day that I am an entirely new woman, ready and willing to do my housework new and sufficient for power, for good clothes was 1044. "That's all right," he replied with a faint smile. "The bishop thinks he's the best business man in Atlanta Why, it was easy, Id give him a check for \$150 or \$250 as \$150 as check for \$150 or \$250 as \$150 as check for \$150 checks to \$95 each. I had about \$1500 when I left home. The bishop was in Maine on vacation ing.

impress upon the minds of all ailing the river for him. And to-day he told women I meet the benefits they can an Evening World reporter just how raignment. charles rowe, Kennebago, Maine. by the simple method of check rais-

In the face of the confession of Lydia E. Pirkham Medicine Stowers, Bishop Nelson stated, in dis-(confidential), Lynn, Mass. patches from Atlanta, that his secre-Your letter will be opened, read and tary must be suffering from delusions graduate of the University of Berlin, answered by a woman and held in of some kind, as there was no way in which he could have stolen so much

from him. Stowers morely realised today at the highing's statement anning. "the binding thinks be's the heat high-

This is the coory Storogram total to-

day to The Evening World resorter. "I was hern in Atlanta and live at No. 121 East Pine Street. I am the object of even studen. My father was a truckling salesman, but I was ambitious and wanted to go to rollege Before I could do this my father disof he begant our I has brances work for the family. That was a ter-Stowers, Secretary to Atlanta rivie disappointment to me-it really

rained my life, because I had compped out a career for my mif. I wanted to by a doctor.

"However, I became a choir stoger I have a taritume votce and I hoped nome day to be an operatic singer. It was through being in the choir that I got the chance to become Bishop Neison's secretary. Hoon after that I got to playing carde and that led to drink. Woman had no part in my downfall. I manted money for card playing. It was to make good a poser debt that I started taking checks. That was eight or nibe years ago."

"Hut Hishop Neison says you're all Pondness for poker, for good clothes was told.

find to-day that I am an entirely new lng.

Noman, ready and willing to do my least night Stowers went to Police Street Police Court at noon and held without bail for examination to-morrow. Unless Backet Nimber Nelson proved the minds of all ailing the river for him. And to-day he told will be dismissed on his next arrangement.

#### CHEMIST TRIES SUICIDE.

Despondent Berlin Graduate Shoots Himself and Will Die.

Joseph Hirz, expert chemist and has been living for the last two years with his sister, Mrs. E. H. Dollin, at No. 25 Rugby Road, Platbush. Before that he spent twenty-five years in the West, where he was noted in his the West, where he was noted in his profession. Since coming East he had been unable to find anything that seemed worthy of his ability.

Hirz shot himself in the head this morning. Mrs. Dollin's son, Edgar M. Dollin, heard the shot and found his uncle unconscious. Dr. Agnew took him to the Kings County Hospital, where it was said that he cannot live. His relatives did not suspect that he was despondent.

### DROVE AUTO INTO ELEVATED, of the legs, thighs and abdomen.

before Magistrate Cobb to-day in one. The leg swinging will reduce tain the best benefits from this exercises and body you do not be fore Magistrate Cobb to-day in one. The leg swinging will reduce tain the best benefits from this exercises reduced. To obtain the best benefits from this exercises reduced to the majority of the leg and with one exercises reduce the waistline and with each movement of the leg and out permission. Policeman Rensseout permission. Policeman Rensselaer said he saw Bebechensky run the seven-seated car into a 1mrd Avenue elevated piliar at Seventy-minth Street. The passengers in the car. Alexander Semakadich of No. 647 East Thirteenth Street, Frank Floyd of No. 211 East Eighty-first Street and Joseph Sayre of No. 301 East One Hundred and Thirty-ninth Street, were charged with intoxication.

The chauffeur was held in \$2,000 batt for the Grand Jury and the others were fined from \$5 to \$3 each.

ALBANY, Sept. 27.—The State Su-perintendent of Banks to-day issued a call for a report as to the condition of State banks, trust companies and pri-vate banks at the close of business on Sept. 25.

young and old, thin and fat, and also those who are satisfied with what nature gave them, but who exercise for health's sake. This body twisting ago and conveyed to the hospital. and leg swinking movement is especially recommended for the muscles I have previously illustrated the leg Chauffeur Charged With Being In- swinging and body twisting exercises, left leg over in the same manner toxicated and 3 Companions Held. to be practised separately, but to- This exercise might be called sta-Samuel Bebechensky of No. 1177 day's picture shows you these two tionary walking, for even though you

exhibitation. If you find yourself

panting for breath, trembling, dizzy or exhausted, something is wrong. In this case avoid the strenuous ex-

LEG SWINGING AND TRUNK TWISTING COMBINED NO. 24-LEG SWINGING AND TRUNK TWISTING.

The exercise illustrated to-day is intended to benefit all of my readers,

Poe Avenue, the Bronx, was arraigned valuable movements combined into move the legs and body you do not ing exercises reduce the waistline and with each movement of the leg and large, high abdomen and speedily let the legs come out and over to the overcome indigestion, constipation front with a very sharp swing. Reand torpid liver. The waist and ab. peat this exercise at least twenty dominal muscles are the last to be times and be sure to remember to brought into play during our regular throw the entire weight of the body daily duties, and hardly even move if on the leg which is thrown forward. you stoop to pick something from the floor if you are wearing a corset.

If you are performing the exercises properly each day—that is, in the Take your position, with the shoul- right positions, and not overdoing

ders well back, hands on the hips and them-the effect should be a feeling the feet together. The legs should be of tingling flesh, easy breathing and straight and the calves touching.

#### THE EXERCISE.

# THE EXERCISE. From the starting position, swing in the right leg as far over to the right aids as possible, and then bring the side as possible, and then bring the was a possible, and then bring the side as possible, and then bring the was a common to the right leg as far over to the right leg and says that for the right leg as far over to the right leg and says that for the right leg as far over to the right leg as far over to the right leg and the "HAPPY BILL" WAS KNOWN AS CRIPPLED OPTIMIST

Rheumatic "Globe Trotter" Now a Well Man. Once Received Donation From Hetty Green. Talks About Remedy That Made Him Walk.



"Happy Bill" was once known as he was in town. From here he would the crippled optimist, so named by the Boston Globe in a news article about his travels published August 2, 1911.
This hig fellow had to learn to walk again, for he has spent fifteen years in a wheel chair and was called the rheurestic "Globe Trotter."

He numbers among his acquaintances He numbers among his acquaintances many prominent people and says that he once received a small donation from Hetty Green, when he was in Hoboken.

"You want to know what wrought

"You want to know what wrought my recovery? Well, last October, I was in Hartford, Conn., and met a man I had seen at the Hot Springs. When I had previously seen him he was very lame and this time he seemed well. He told me he had been taking Var-ne-sis, and said he thought it would help me.

"I started in then taking Var-ne-sis. Soon I became conscious of an increased strength in my limbs. Then I became almost religious in my attention to taking this remedy. This is the result." And "Happy Bill" stood up, moved about, waved his right arm and smiled in perfect bappiness.

oiness.
"The day before Decoration Day I walked for the first time. It was in my room at Lynn, and I fell on my face and nearly broke my nose in that first effort. But I knew I could walk, and I did the next day. At first I was like an infant learning to walk.

H. P. K. (Cleveland) asks: "What H. P. K. (Cleveland) asks: "What exercises will round out the calf of the leg? Should the height measurement be taken in the stocking feet?" Tennis, bleyeling, running and safe climbing will develop the muscles of the lower legs and round the calf. Yes, take the measurement without shoes.

Readers of Miss Furiong's arti-

cles are invited to write to her, in

care of The Evening World, re-

questing information that will aid

them in following her illustrated

Letters From Evening World

Readers Following Miss

Furlong's Lessons.

WILL A. ADAMS AND R. PRICE please send addresses for the back copies, for which the money has been

S. W. (Spring Valley, N. T.) asks:
"What will make the breasts firm, and will the bust developer you published Sept. 7 really develop them?"

(A). Cold water or ice will harden the breast and not retime it. (B).

MRS. W. J. M.—We are all out of the exercises for double chin, but on account of the big demand for them I will illustrate some next week.

J. O. (A man reader) asket "Will

The everage properties for a fully developed man his test six is then had proved by Wanght about 14 years and 15 years and

#### BURNING FEET.

please putitish a remedy for evening feet and also the cause?

To keep the feet bouldly six them even more than you hathe them. Wear nandals to your room and when you le down bore the feet entirely. Avoid patent trather shore at waterproof once and robbers. Wear the sandal rubbers, without heels, when you are out in the wet. The fresh breach is a great aid in promoting the circulation of burning or oud feet. Bathe burning fret in hit water with an said dissolved in it. Let them soak for at least ten minutes. Then soak them in cold water for five minutes more. Bry well and rub with alcohol. If the feet are budly informed bathe them in hot water, dry well and apthem in bot water, dry well and appropriate morning.

pry a handoge of anasthent cotton,

previously dipped in the following of Dr. Hillis, Mr. Forguson said. "It acid, one teasphooful; glycerine, one teasphooful; use this hot. Keep this distinct personalities his personality solution hot, and wet by applying the as a minister is now incidentally unsulting to the cutton every fifteen minutes. This will overcome the most as an ambitious and reclaims speculary feet every day. Powder them wit talcum and borax, equal quantities.

### GIVES BLOOD IN VAIN TO SAVE BANDMASTER

Doctor, Stranger to Patient, Makes Sacrifice, but C. Stanley Mackey Fails to Survive.

PHILADELPHIA, Sept. 27.-C. Stanley Mackey, founder and director of the Philadelphia Band, died at the Hahnemann Hospital yesterday after an unsuccessful attempt was made to save his life by blood transfusion. Mr. Mackey was thirty-nine fusion. Mr. Mackey was thirty-nine trouble arose out of Mr. Ferguson's very old and at the hearth. tor of the Philadelphia Band, died at after an unsuccessful attempt was years old and at the height of his refusal to give an accurate account career. In addition to being a conductor of high rank he was rated

ductor of high rank he was rated as one of the best tuba players in the world. He was taken ill two weeks ago and conveyed to the hospital, where it was found that blood polsoning had set in as the result of a kidney complaint.

Dr. Orin Hill, a physician at Hahnemann, gave the quart of blood used as a last resort to prolong the life of the bandsman. Prior to Mr. Machay's illness, Dr. Hill and he were not personally acquainted. As an admirer of the musician the dector offered his blood for the transfusion.

### FAMOUS STAKEHOLDER

Charles Mahoney of Old Hotel Hoffman Near Death at His Uptown rlome.

Charles Mahoney, for more than forty years well known in the city's night life, and personally acquainted with many men prominent in politics. 15,000 garment workers was set for tofinance and sport, is dying at his day as a result of the refusal of the SLENDERNESS WITHOUT home, in One Hundred and Sixth Street, between Broadway and Amsterdam Avenue.

He succeeded Billy Edwards as stakeholder for bets made in the old Hoffman House cafe, and remained there until the hotel closed. He held money amounting to millions wagered on elections and sporting events, but always advised against betting unless the bettor could afford to lose. In 1908 he was prosecuted for bookmaking by District Attorney Jerome, but was acquitted by a decision of the late Mayor Gaynor, then Judge.

#### W. V. HUNTINGTON KILLED.

ONEONTO, N. Y., Sept. 27.—Willard on for not less than three years nor more than six years by Judge Crain in General Sessions.

One of Dickler's companions. Antonio V. Huntington of San Francisco, a nephew of the late Collis P. Huntington and brother of Henry E. Huntington, railroad financier, was killed today in a motor car accident near Otego, in turning out to pass a team his car plunged through a fence and down a fifty-foot embankment.

Mr. Huntington was born in this city.

GEN. KING QUOTED JOHN D.'S DOXOLOGY IN HILLIS WRANGLE

Mrs. M. H. D. settles. "Will you Ferguson Produces Letter and Then Takes Another Whack

at Pastor.

Prank L. Forguson, former bustness canager for the Rev. Dr. Newell Ownghi Hillia, whose registration from that position and the chalemanable of the Board of Trustees of Phymouri Church, preceded the present commotion over Dr. Hilla's financial affairs, issued another statement this

may be said that Dr. Hills has two as an ambitious and reckless specu-Change the stockings and baths the later and financier that is under discussion. Mr. Beecher and others for dirzy, your tongue costed, breath offen whom he professes to speak happen sive, and stomuch sour. not to be among the men who pure bilions, sick, headachy, constipated and chased timber lands from Dr. Hills full of . Why don't you get a box HELEN S. A. writes: "I am 5 feet not to be among the men who purchased weigh 115. What should I chased timber lands from Dr. Hills weigh?"

From 150 to 158. at large profits to the minister, or the or two sight and enjoy the nicest those who when his involved financial gentlest live and bowel cleaning you affairs reached a serious crists, more ever experience than five years ago, took any part or ing fit and fine. seemed willing to take any part in or sicken like salts, pills and calome ruchishing the advice or the large sums. They art so gently that you hardle of money to save the pastor of the Mothers should give cross, sick, billou or feversh children a whole Casearet and disaster as a wild speculator."

Mr. Ferguson declared that those harmless — "dvt.

who showed their loyal and practical friendship by putting out their own money or credit to the extent of \$25,000 or \$60,000 each, "to prevent financial disaster to Dr. Hillis will soon have our innings in court." He agrees, therefore, with Col. Beecher that it is

ing flow, Praise him oil creatures here below, Fraise him aloud, ye olly hosts.

Praise William some, but John the most."

### FOR BETTORS DYING 15,000 READY FOR STRIKE SIGNAL IN CHICAGO

Police Reserves Called Out in Anticipation of Trouble When Garment Workers Quit To-day.

CHICAGO, Bept. 27 .- A strike of employers to grant a higher wage scale and improved working conditions. Union leaders say the strike will completely tie up the clothing manufacturing industry in Chicago.
Police reserves were detailed to patroi the clothing manufacturing district, as W. M. Cahn, President of the Wholesale Tailors' Association, said he thought the workers might attempt violence. He also asked police protection for the clants affected.

and dissightly fiestliness, and that is the way French women do—by taking baths in which the famous French Clarks Thinning Salts have been dissibled. Clarks the carefully avaided. Clarks of dissolving fat. With each both you will notice that weight and flesh diminish.

#### THREE YEARS FOR HOLD-UP

Pawn Shop Clerk Who Conspired With Robbers Sentenced.

Morris Dickler, the clerk in the pawn shop of Adolph Stern at Third Avenue and Eighty-fifth Street, who on Jan. 30 last induced three hold-up men to rob ephew of Late Collis P. Hunting- his employer of \$12,000 worth of jewelry ton Victim in Auto Accident. | Was to-day sentenced to Sing Sing Pris-

### World-Famous Drivers in Gripping Speed Trials MONDAY, TUESDAY and WEDNESDAY, 3 P. M.

Admission, including seat in Grand Stand, - - 50c Admission, including seat in Box, - - - \$1.50

Reserve Your Seats Now for the

### ASTOR CUP RACE

SATURDAY, OCT. 2d, 12 O'CLOCK 350 Miles-\$50,000 Cash Prizes and Astor Tropny

Sheepshead Bay Speedway

### YOU'RE BILIOUS! CLEAN LIVER AND BOWELS TONIGHT

Don't stay headachy, sick, or have bad breath and sour stomach.

Wake up feeling fine! Best laxative for men, women and children.



Tymouth Church from unfavorable or feversh children a whole Cascaret

Thousands are enjoying "Eddys" Sauce, are you? Fine in soups and stews.

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### DRUGS OR EXERCISES

There is only one positively sure and effective method of reducing superfluous and unsightly fleshiness, and that is th notice that weight and flesh diminish. The only treatment which does not cal for vigorous exercise or special dieting. Sold by Riker-Hegeman, James' Drug stores, Macy's, Altman's, Stern's, Gimbel Bros., Abraham Straus and all leading druggists. Send for Booklet. Orient Co., 45 W. 34th St., New York.—Advt.

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The street of the stre

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Until 10 P.M. Booklet. Our Liberal CREDII I erms apply also to Long Island, New Jersey and Connecticut. We Close MAILED Evenings at 6 o'Clock. FREE. We Pay Freight & Railroad Fare 30 SIX DINING ROOM SET,

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Mutual Coupons than anyone else, you get the Saxon Six. If you've redeemed the second greatest number,

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ve the highest redemption value—because they get you the same smium for less coupons—or better Premiums for the same upons. 46 Schutte Cigar Stores and 500 other merchants give tual Coupons. Trade at Mutual dealers because a Mutual aler believes in giving you what is best for you, even if there 't so much in it for him.

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you get the Roadster.

you have enough to get the premium you want. Then, by December 15th, if you've redeemed more

This bardsome set consists of Solid Oak Table, heavy scroll feet, \$19.98 is the cause of my recovery. It feel so grateful that I could sing the name of that remedy and I want to talk about it all the time."

William W. Graff, as he is otherwise known, has travelled \$7,000 miles of the cape of the low price of the low price of the cape of th

**\$4.00 A WEEK** Writefor Opens an Account Our New